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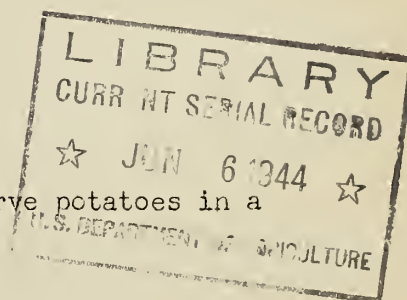
Institutional Feeding Managers Stewards-Chefs-Cooks

ATTENTION PLEASE!

March 20, 1944.

POTATOES TWICE A DAY.

Keep to the 'old American custom'. Serve potatoes in a variety of ways at least once a day.



Steam POTATOES in their jackets -- saves food value.

Steamed Potatoes can be prepared as:

Hash Brown
Au Gratin
O'Brien
Potato Cakes

Careful Preparation and Cooking -- Proper steps to take in mashing potatoes:

After potatoes are in the mixing machine, add salt, butter or fortified margarine.

Add HOT milk, never cold. Cold milk makes potatoes soggy.

Start whipping on low speed, as they whip advance to the second and third.

Result - Light, fluffy, snow white potatoes.

Help use up an abundant supply of Irish Potatoes!

Let's have a clean slate when the new potatoes arrive on the market.

WAR FOOD ADMINISTRATION OFFICE OF DISTRIBUTION

Industrial Feeding Section-Room 647-821 Market Street San Francisco, 3, California

Telephone Exbrook 8381-Ex,47

February 1944

WAR FOOD ADMINISTRATION
Office of Distribution
Washington 25, D. C.

Quantity Methods for Serving Potatoes

The Irish potato is one unrationed food that is popular, nutritious, and can be served in many ways to give variety and satisfaction to wartime meals.

The potato has sometimes been taken for granted without due recognition of its importance to our well-being. It deserves to be featured on menus and used more often in soups, chowders, salads, as a meat extender, as well as with meat or meat alternates.

Thanks to the American farmer, there will be plenty of potatoes this year for everyone who wants to enjoy them once or twice daily.

The stacks of potatoes in storage at the beginning of the year are ample to supply every possible demand until the new potato crop is available to provide the great bulk of potatoes for market. No conceivable increase in civilian consumption is likely to cause a repetition of the temporary potato famine that occurred in the spring of 1943, although transportation difficulties might conceivably create localized shortages.

The National Research Council, in suggesting a dietary pattern to furnish its recommended dietary allowances, advises one or more servings of potatoes daily.

When carefully prepared, an average serving (one-third of a pound) of the Irish potato can provide as much as one-fifth of the daily requirement of ascorbic acid (vitamin C) as well as one-tenth of the daily requirement of iron.

The vitamin C content of potatoes as served may vary widely because of storage and different methods of preparation. The mode of preparation is most important.

The best methods of cooking potatoes, listed in the order of their vitamin C retention, are: steaming whole unpeeled potatoes, baking in the skin, steaming without skin, and boiling.

Preparation processes which increase vitamin C losses are long soaking of peeled or sectioned potatoes, dicing potatoes finely before cooking, mashing, and slicing, and holding cooked potatoes longer than half an hour before serving.

Cooking losses of vitamin C:

Steamed, nonpeeled	-	very little loss
Baked in skin	-	about 20 percent loss.
Steamed without skin	-	about 50 percent loss.

Holding losses of vitamin C (in addition to cooking losses):

Steamed, nonpeeled, held up to 1 hr.	-	little loss
Baked in skin, held 1/2 hr.	-	15 - 20 percent loss
Steamed, without skin, held 1/2 hr.	-	25 percent loss
Mashed	-	up to 90 percent loss
		soon after mashing

(over)

Methods of Using Potatoes to Extend Meats

Use with small amounts of fish and meat. Some examples of such dishes are:

Fish cakes made with mashed potato
Scalloped potatoes with diced frankfurters
Scalloped potatoes with hard-cooked eggs and cheese sauce
Stewed beef, lamb, or veal with potatoes and other vegetables
Potato chowder

Varied Methods of Preparing Potatoes

Steamed whole potatoes in jackets
Baked potatoes
Whole-peeled steamed potatoes
Parsley buttered potatoes
Boiled potatoes
Scalloped potatoes with ham or other smoked meats
Creamed new potatoes
Oven-browned potatoes
Mashed potatoes
Hot potato salad
Cold potato
American fried potatoes (sliced raw)
Creamed new potatoes and green peas
Hashed brown potatoes
Potato patties

Suggested Main Course Combinations (Lunch or Dinner) Using Potatoes

Fish

Codfish cakes with egg sauce, boiled potato, scalloped tomatoes
Creamed fish, baked potato, buttered broccoli
Fried fish with lemon, creamed new potatoes, stewed tomatoes

Poultry

Creamed chicken, baked potato, buttered peas, raw carrot strips
Chicken fricassee, parsley buttered potatoes, green peas
Roast chicken with dressing, steamed potato with gravy, baked squash, cranberry jelly

Meat

Corned beef, boiled potato, boiled cabbage
Corned beef hash with potatoes, creamed cauliflower, carrot sticks
Meat balls, baked potato, cabbage and carrot salad
Braised short ribs, browned potatoes, buttered kale
Roast pork, browned potatoes, buttered Swiss chard
Sausage cake, baked potatoes, young beets and greens
Stuffed lamb breast, boiled potatoes, spinach
Veal stew with vegetables, boiled potatoes, raw vegetable salad

Variety Meats

Braised liver with whole carrots, onions and potatoes, tossed green salad
Creamed sweetbreads, baked potato, fresh fruit salad

Eggs

Spanish omelet, baked potato, buttered greens